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Food and Home Notes

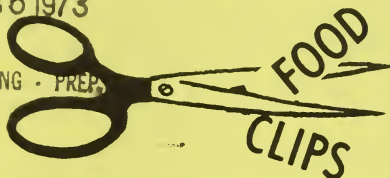
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CATALOGING - PREP.



Remember--

Cracked or soiled eggs may contain harmful bacteria. They should be used only in foods that are to be thoroughly cooked, such as baked goods or foods cooked for a long time on top of the range, according to U.S. Department of Agriculture home economists.

* * *

Baking powder is just a combination of baking soda and an acid ingredient that reacts in batter to form gas bubbles.

* * *

Freezing nut meats? Pack them in tightly closed containers or in plastic bags. Wrap chunks of fresh coconut tightly to expel the air from around them.

* * *

Remember you can substitute any common nuts (except chestnuts and coconuts which we don't consider common) for another kind of nut in a recipe.

* * *

Rye flour is always darker than wheat flour. Bleaching has little effect on the color, but improves the baking properties.

NUTRITION EDUCATION

---in North Georgia

People are buying wholesome food, preparing it better, and serving families more nutritious meals because of broad, comprehensive nutrition programs being conducted in Northern Georgia as a result of the U. S. Department of Agriculture's Food and Nutrition Service program.

. . . A huge mobile classroom roams the seven mountainous counties surrounding the Pickens Area Vocational School in Jasper--it stops wherever a significant number of people can be found to hold a class in basic nutrition.

. . . Lanier Area Vocational Technical School at Gainesville is inaugurating a similar program and adding a mobile classroom later this year. . . A Teenage Nutrition Council reaches and teaches people in their home areas. It promotes the school lunch programs in the schools and it works at getting the message on good nutrition across to parents at home---volunteers transport the elderly and those without cars to go to meetings, cooking demonstrations, or other events.

. . . Food demonstrations are held by the Pickens County Nutrition Council at the Community House.

It's all happening in Georgia.

DAY CARE

More than one-third of the mothers with preschool children work in Tompkins County, New York. But---only 375 of their 1,500 eligible children participate in a day care facility. This is not unusual however, as many similar circumstances exist around the country. But--people are concerned--and in Tompkins County, Extension Agent Ann Mathews decided to do something constructive about it. Her project put this New York County in the unique position as serving as a model for other Family Day Care units.

Day-Care Operations

There are more than 40 licensed day-care homes in the county (the second largest in New York State). They are run by day care mothers, in-home caretakers who are allowed to take care of six children in their homes. Group day-care facilities are staffed in part by professionals trained in early childhood education. Family day-care operators depend on their own experiences as parents, and the training offered locally, to prepare them for their child-care responsibilities.

Staff home economist Ann Mathews of the Extension Service, the educational arm of the U.S. Department of Agriculture, worked with the county day-care coordinator and the social services caseworker to develop training for day care mothers. The objectives were to help children receive more supportive and effective experiences in a family day care setting, to allow day care mothers to develop pride in their profession and to help child caretakers experience learning pertinent to their needs.

Educational experiences were developed for regular orientation training for new day care operators and mini-in-service training sessions were held. Participation in an Association of Day Care Mothers (with elected officers and established goals) became part of the training program.

A training meeting place was developed in the New York project called "The Gathering Place" where day care mothers and other day care workers (including preschool personnel) could share ideas and solutions to problems. A steering committee of day care mothers was appointed.

"The Gathering Place" serves several purposes. First, it provides a central place for at-cost sales of arts, crafts and snack supplies to cooperative nursery schools, day-care centers, play schools and family day-care mothers, licensed and unlicensed. It's attractively decorated with equipment made from materials easily available and often discarded at home. Trash-to-treasure suggestions for educational play and activities for youngsters is displayed on the open shelves. The nursery school operators immediately recognized the "Gathering Place" as a resource where they could obtain real savings and get some new ideas.

Day care mothers share information by demonstrating snack food ideas and activities. Handouts of the snack ideas devised by the day care mothers have been printed and distributed. Dedicated volunteers (including professional consultants) give their regular support.

Thirty-eight percent of the labor force in the United States is female and most women who work have children under seventeen, according to the Extension Service. The success of the birth and growth of the Tompkins County Day Care and Child Development Council Inc. has become a project to be used as a design for other states to plan and coordinate child services in a community context. Other areas where Family Care mothers get to share information and knowledge for better working conditions are in Boston, Mass. and Portland, Oregon.

The whole concept is based on learning and supporting the relationships between the parents and the family day care mother.

How's your plant vocabulary? If you're a layman in the gardening game-- If you're not familiar with some of the basic terms used by horticulturists-- manufacturer's of lawn and garden materials--or even by garden editors, perhaps the chore (or pleasure) of starting your new garden could be made somewhat easier. Being an arm-chair gardener now offers the opportunity to learn the terminology before it is time to use it.

ANNUAL - a plant that completes its life cycle in one year

BIENNIAL - a plant that completes its life cycle in two years--the first year it produces leaves and stores food--the second year it produces fruits and seeds

CARRIER - the liquid or solid material added to a chemical

CHEMICAL NAME - a name that indicates the composition of the compound and also the structure of the molecule in organic compounds

CONCENTRATION - the amount of active ingredient in a given volume of liquid or in a given weight of dry material

DILUENT - any liquid or solid material used in the preparation of a formula to dilute the active ingredient

GROWTH REGULATOR - an organic substance that is effective, normally in minute amounts, in controlling or modifying plant processes

HERBICIDE - a phytotoxic chemical used for killing or inhibiting the growth of certain plants (Herbicide-resistant Species - one that is difficult to kill)

PERENNIAL - a plant that lives more than two years

PETIOLES - leaf stalks

PETRI DISH - a small, shallow container of thin glass with a loosely fitting cover for plate culture in bacteriology

PHYTOTOXIC - poisonous to plants

RATE - the amount of active ingredient or acid-equivalent of a herbicide or growth regulator applied to a given area

SOIL APPLICATION - application of herbicide made primarily to the soil surface rather than to vegetation

SOLVENT - the component of a solution that dissolves the other components

TOXICOLOGY - a science that deals with poisons and their effect on living organisms, with substances otherwise harmless that prove toxic under particular conditions and with the clinical, industrial, legal, or other problems involved.

COMMENTS & INQUIRIES TO: -----

Shirley Wagener, Editor of Food and Home Notes, Press Service, 461-A,
Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.
Or telephone (202) 447-5898 or 447-5881.